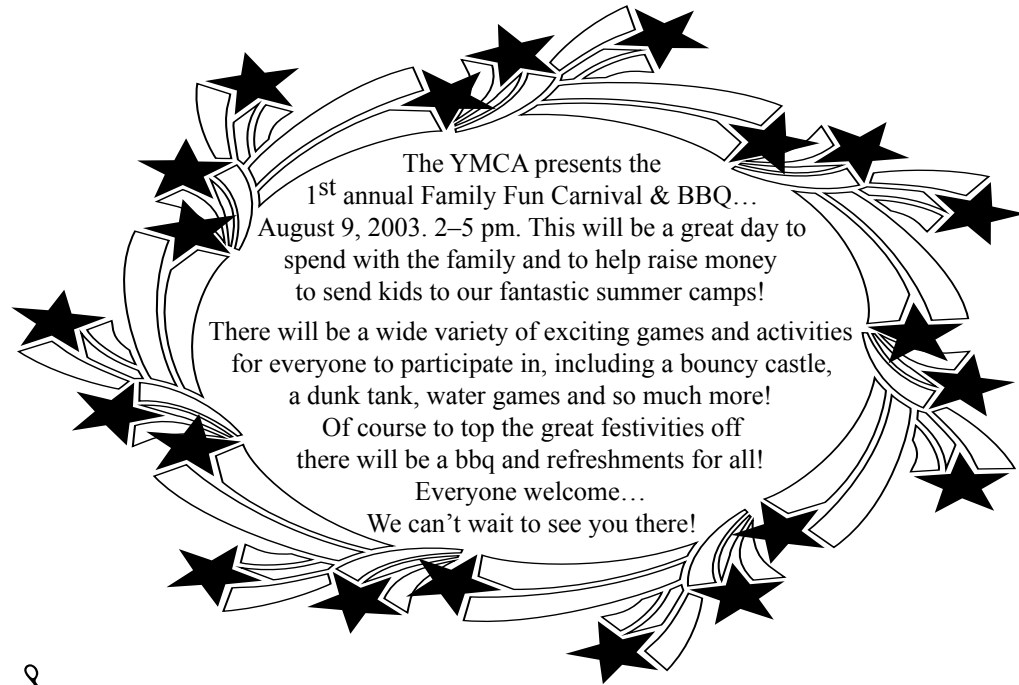


Summer Family Fun Carnival & BBQ
- In support of Our Partners with Youth Campaign !



DUNK Your Favorite YMCA Staff Member!
Pledge Sheet \$2 per Dunk
August 9th. 2-5 pm



Name: _____ Phone: _____

Name	Donation Amount	Phone#
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Your Donation Helped Me:

My name is Alison Rodriguez. A few years ago, newly single, I left Miami for Peterborough with my two school-aged sons clutching my hands. I was alone in a new city, with no money and a long, hot summer looming before me. Swallowing my pride, I went to the YMCA. Based on my income, I was granted a full membership for myself and camp placements for my kids. I couldn't believe it. You see, my young son, Michael, now 13 years old, has Autism Spectrum Disorder. Aside from the behavioral aspects, the disorder has resulted in low muscle tone, which hampers Michael physically. I was very anxious about Michael going to camp, but the socialization and outdoor activities would be therapeutic for him and allow me to spend much needed time with my younger son, Brian.

Thanks to your donor dollars, Michael **shone!** He couldn't get enough of camp. It was an unbelievable rush to see his shining face at the end of the day. There was Michael, joyfully engaged in group settings! He had no outside contracted worker to help him. My son was functioning on his own with only the camp staff by his side. He felt secure there, even without me. And the staff? They went the extra mile for Michael – for my child – they *wanted* to be with him and treated him as if he was no different from anyone else! I couldn't believe that Michael would be able to have an experience like that – what a relief it was, finding that support.

The benefits didn't end there. Both my sons flourished at camp. Michael developed a long-term relationship with one counselor, Laura Skinner, a.k.a. "Kicks" who, even after camp ended, visited my son and took him on field trips.

What have I learned? Swallowing my pride and asking for help has paid off. I'm thrilled with the positive experiences my children have been exposed to through camp. What I believe to be life-changing exposure. All children, regardless of income need a chance to be affected this way. I hope that the counselors felt rewarded too: by the smiles, pride, and enthusiasm they engender in the young.

Knowing about the **Partners With Youth Program** enables me as a caseworker at Big Brothers and Big Sisters of Peterborough to tell others that there *is* support out there. Families that could never afford this experience may now have the chance.

What more can I say? Thank you - my sons have found a great place; a place they want and *need* to go back to.

The Partners with Youth Program will ensure the YMCA continues to reach out to the kids in our community – kids who could not otherwise afford to participate in YMCA programs and membership.

If you would like to support or volunteer with our Partner with Youth Program, please contact Kelly Wilson at 748-9642 ext. 258 or kelly.wilson@ymca.ca.



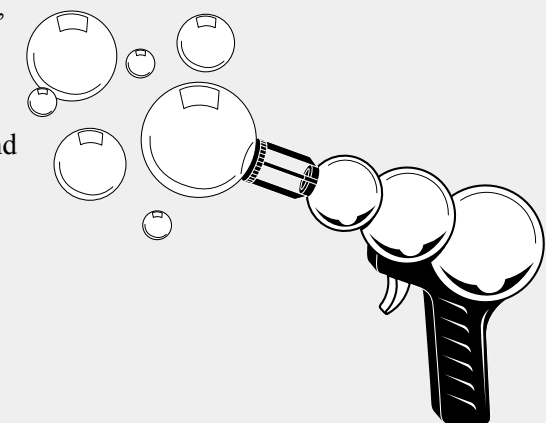
Kids Korner



Summer is an ideal time to spend with your children. Outdoor physical fitness and creative activities are limitless. Swimming at wading pools or local beaches, bike rides, fishing excursions, hiking bird watching, and berry picking are just a few of the many fun times to be had by all. Just be sure to apply a 30 SPF sunscreen to protect yourselves from those harmful UV rays when you are out enjoying the sunshine!! As well, it is important to keep up those fluids! Have plenty of water on hand for all of your wonderful day trips! Protect your children and yourself and have a safe and happy summer...

BUBBLEMANIA

Mix together 2 C. warm water, 1/4 C. good quality dish soap (ie. - Dawn), a little food coloring or paint/Kool-Aid powder, and 2 Tbsp. glycerine or corn syrup. Use straws, funnels, whisks, small cookie cutters, etc. to make bubbles and more bubbles.



Some fun things to try:

SPLASHY SIDEWALK PAINTING

Use a large paint brush (or plant mister) to create pictures on the sidewalk using water mixed with a little paint powder, food coloring, or Kool-Aid powder.

Volunteers at the YMCA

Volunteer Awards

Volunteers are a vital resource to our community and to the YMCA. Volunteers make it possible for the YMCA to expand and improve our many programs.

Each year, the Ontario government recognizes the undeniable contribution volunteers make towards making our communities safe, caring and prosperous through the Ontario Volunteer Service Awards. We would like to share with you the names of the YMCA of Peterborough's volunteers who will be receiving these awards:

Elaine Rose

20 years
Certified Fitness Instructor

Wayne Vandervoort

40 years
YMCA Chess and Checkers Club

David Bignell

10 years
Board Member – provided leadership in policy development and fundraising

Allison D'Alessandro

4 years
Aquatics program for individuals with special needs

Clair Leahy

23 years
Pitching Clinic instructor for youth and teens

Jim Martin

7 years
Judo instructor for youth and adult participants

Congratulations and thank you for your valuable contribution to the YMCA and to our community!



The Family YMCA of Peterborough needs support from YMCA members, government, business and community partners to build a new YMCA facility. The Family YMCA of Peterborough is a major charitable organization focused on building strong kids, strong families and a strong community. Its vision to provide more programs and services to meet the increasing demands of our growing community can only be accomplished together with other community partners like the City of Peterborough. With community support, building can begin for a new YMCA facility providing present and future benefits to the entire community.

To find out more about the YMCA's plans for a new facility and how you can help, call 748-9622.

Personal Best

We are always pleased to introduce and spotlight some of our members who have accomplished great things through the YMCA. One such Member is Barb Paterson. Barb has been involved with the YMCA Deepwater Aquafit program for over three years and has been a very dedicated participant.

Barb began the deepwater program with the encouragement of family to help her combat some health issues that were beginning to develop caused by weight gain and having a demanding job with the Peterborough Regional Health Center. She has always enjoyed the water and she felt that she would like exercising in the water. As a result of Barbs goal setting and she says "the staff involvement in the program and their friendly manner" has resulted in her loss of 60Lbs, toned her body by 18 inches and has reduced her health risks.

I asked Barb what was her theory of her success? And she said that finding an activity that she enjoyed, doing it the best she could, setting goals, and the instructors of the class who over the years have been encouraging and supportive.

Recognizing all that has been given too her through the YMCA Barb is a volunteer on our Building strong Kids committee helping to plan a successful 2004 fundraising campaign.

YMCA Canada CEO Visits Peterborough

By Bob Gallagher, CEO.

In June, Michael Weil, President and Chief Executive Officer for YMCA Canada, spent a day in Peterborough touring our YMCA and meeting staff, volunteers and key community leaders. This was Weil's first visit to Peterborough during the first year of his tenure.

Mr. Weil met with two dozen community leaders for lunch. During his presentation, he recognized the Peterborough YMCA for its outstanding growth. The local Y has grown from 1800 members in the late eighties to over 6000 members in 2003. Currently, 17,000 people participate at the YMCA annually. Weil commented that the Peterborough Y's growth over the past three years has been more than double the national average.

The national CEO praised the local Y for its outstanding customer service. He complimented the local staff and volunteer team for their national achievement in 2001 of placing in the top three YMCAs in Canada (out of 88 centres) for outstanding customer service. He also hinted that our local Y was to, once again, be recognized nationally for outstanding service. An announcement is due later this summer.

Michael also spoke of the broad range of programming that YMCAs offer their communities across Canada. He indicated that the YMCA is the largest provider of child care services in Canada. He spoke of the range of partnerships that the Y has with many levels of government. Employment training is one of the

largest programs that the Y operates in partnership with the federal government. The Y also partners to provide many other important community services. A youth gambling initiative is one of the newest partnerships with the provincial government. Our local Y has been awarded a contract to deliver this program to our community. To date, our program has contacted over 275 young people in our community.

Weil also spoke of how new YMCAs are better equipped to provide a higher level of programming and service to the community. He spoke of how creative partnerships with municipalities, school boards and other community partners have proven to be successful models for enhanced capacity to serve more people with more programs and more services.

The national CEO indicated that he had an intensive tour of our local YMCA. He congratulated the Board of Directors and staff for providing the quality and quantity of service to the community that the Y does in spite of the facility. He indicated that the local Y is the oldest YMCA facility in Canada and obviously presents challenges and hurdles in being able to effectively respond to community needs. He spoke of many examples of how new YMCA facilities were better positioned to serve the needs of the community – both today and into the future. Weil said that, "not only did the community of Peterborough need a new YMCA, but that they deserved a new YMCA".